10 Dietary Paradigms of HCI

1. There are as many "right" diets as there are people on the planet.

2. What's healthy for one person might not be healthy for YOU.

3. The body has an innate wisdom, beyond any book or authority.

4. Diets are not useful as dogma, but they are useful references.

5. Your body is the ultimate dietary authority for every phase of your life.

6. Your diet changes as YOU change.

7. Your body is the most powerful, least expensive and BEST dietary experimentation lab in existence.

8. Your RELATIONSHIP with food and your body impacts your health more powerfully than the food you eat.

9. Every symptom, craving or behavior around food has a POSITIVE INTENTION; therefore symptoms, cravings and behaviors are not the problem, they are the just the best SOLUTION you have come up with so far.

10. Nourishment is about much more than just food.

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